

IDAHO CONTENT STANDARDS
GRADE 1
HEALTH

Standard 1: Healthy Lifestyles

Goals:	Objective 1	Objective 2	Objective 3	Objective 4	Objective 5	Objective 6	Objective 7	Objective 8	Objective 9	Objective 10	Objective 11
Goal 1.1: Acquire the essential skills to lead a healthy life.	1.H.1.1.1 Identify the difference between exercise and stretching. (778.01.a)	1.H.1.1.2 Tell how germs are spread and describe how the body fights diseases. (778.01.b)	1.H.1.1.3 Identify safety procedures. (778.01.c)	1.H.1.1.4 Explain a variety of emotions and understand that they can be managed successfully. (778.01.d)	1.H.1.1.5 Differentiate between over-the-counter and prescription drugs. (778.01.e)	1.H.1.1.6 Explain how the use of known and unknown substances can be hazardous. (778.01.f)	1.H.1.1.7 Recognize a nutritional diet is necessary to maintain a healthy body. (778.01.g)	1.H.1.1.8 Describe how a person can take care of different body parts. (778.01.h)	1.H.1.1.9 Describe each person’s contribution to the family. (778.01.i)	1.H.1.1.10 Identify the use of health products. (778.01.j)	1.H.1.1.11 Describe pollution. (778.01.k)

Standard 2: Risk Taking Behavior

Goals:	Objective 1	Objective 2	Objective 3	Objective 4	Objective 5	Objective 6	Objective 7	Objective 8	Objective 9	Objective 10	Objective 11
Goal 2.1: Demonstrate the ability to practice health-enhancing behaviors and reduce health risks.	1.H.2.1.1 Recognize that germs cause disease. (779.01.a)	1.H.2.1.2 Explain the necessity for rules for acceptable and unacceptable behavior. (779.01.b)	1.H.2.1.3 Determine how to make a responsible choice. (779.01.c)	1.H.2.1.4 Discuss risky behaviors. (779.01.d)							

Standard 3: Communication Skills for Healthy Relationships

Goals:	Objective 1	Objective 2	Objective 3	Objective 4	Objective 5	Objective 6	Objective 7	Objective 8	Objective 9	Objective 10	Objective 11
Goal 3.1: Demonstrate the ability to use communication skills to enhance health.	1.H.3.1.1 Share positive ways to express feelings. (780.01.a)	1.H.3.1.2 Identify refusal and decision-making skills. (780.01.b)	1.H.3.1.3 Demonstrate communication skills. (780.01.c)								

Standard 4: Consumer Health

Goals:	Objective 1	Objective 2	Objective 3	Objective 4	Objective 5	Objective 6	Objective 7	Objective 8	Objective 9	Objective 10	Objective 11
Goal 4.1: Organize, analyze, and apply health information practices and services appropriate for individual needs.	1.H.4.1.1 Identify examples of health products. (781.01.a)	1.H.4.1.2 Identify labels on health products. (781.01.b)	1.H.4.1.3 Recognize roles of health workers in the school and community. (781.01.c)								

Standard 5: Mental and Emotional Wellness

Goals:	Objective 1	Objective 2	Objective 3	Objective 4	Objective 5	Objective 6	Objective 7	Objective 8	Objective 9	Objective 10	Objective 11
Goal 5.1: Understand and demonstrate the key components to positive mental and emotional health.	1.H.5.1.1 Demonstrate feelings. (782.01.a)	1.H.5.1.2 Identify how each person is unique and worthwhile, both physically and emotionally. (782.01.b)	1.H.5.1.3 Describe physical activities one enjoys. (782.01.c)	1.H.5.1.4 Recognize trusted adults who can provide assistance. (782.01.d)							